

## TRIGGERS:

### EGO:

We each have 3 parts to ourselves. Our body, our soul, & our ego. Our soul is always good & doesn't depend on anything in order to be worthy. Our ego is the imagine we have of ourself. We identify with our own self through external validation. Our ego is always on the lookout, it is insecure, & constantly checks if we appear good. If we "look good" then we can feel good.



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**Are we demanding something from our child because we don't "look good" OR because it is for their best interest?**